

DRINK IN HERBAL
WELLNESS



Recipes

with Liquid
Herbal Extracts

HERB
PHARM®



Kava Coco-Rita

Chill out, relax and enjoy the tropical flavors of this Kava Coco-Rita.*

INGREDIENTS

- 3.5 oz Coconut milk
- 1 teaspoon fresh Lime juice
- ½ teaspoon Agave syrup
- 1 squeeze of the dropper bulb (0.7 ml) of Herb Pharm Kava liquid herbal extract
- Handful of ice
- Shredded toasted Coconut flakes (optional)
- Fresh Lime wedge (optional)

DIRECTIONS

Combine all ingredients except the optional garnishes in a blender. Blend on a low to medium speed until well-combined and ice is finely incorporated. To prepare the garnish: rub a wedge of fresh Lime around the rim of a glass. Spread the shredded toasted Coconut flakes on a small plate. Lightly roll the rim of the glass around the plate until the Coconut sticks to the rim of the glass. Pour the ingredients from the blender into the glass. Sip and enjoy!

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.





Ashwagandha Summer Breeze

Get picnic ready with a refreshing drink that includes adaptogenic support.*

INGREDIENTS

- ◆ 1/4 cup cubed fresh Watermelon
- ◆ 2 fresh Mint leaves
- ◆ 3 oz sparkling water
- ◆ 1/2 teaspoon fresh Lime juice
- ◆ 1 squeeze of the dropper bulb (0.7 ml) Herb Pharm Ashwagandha liquid herbal extract
- ◆ Ice

Muddle the fresh Watermelon in a glass by pressing the fruit with the back of the spoon. Lightly tear the fresh Mint leaves and add to the glass. Add the remaining ingredients and stir well to combine. Sip and enjoy!

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Ashwagandha Calm Pom-Orange Sparkler

Say cheers to a moment of calm with this alcohol-free beverage.*

INGREDIENTS

- ▲ Juice and zest of $\frac{1}{2}$ medium Orange
- ▲ $\frac{1}{2}$ -1" knob fresh Ginger
- ▲ 1 oz unsweetened Pomegranate juice
- ▲ 3 oz sparkling water
- ▲ 1 squeeze of the dropper bulb (0.7 ml) Herb Pharm Ashwagandha, Alcohol-Free liquid herbal extract
- ▲ A few fresh Pomegranate arils (optional)
- ▲ Ice

DIRECTIONS

Using a peeler, cut 2 strips of Orange zest. Squeeze the Orange and save the juice. Muddle Ginger in the bottom of a glass. Add Orange juice, Pomegranate juice and sparkling water, then stir. Strain and pour over ice into a serving glass. Add Ashwagandha, Alcohol-Free liquid herbal extract. Stir and garnish with Orange zest and Pomegranate arils. Enjoy!

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Milk Thistle Mule

Mix up a summer mocktail starring liver-supporting Milk Thistle.*

INGREDIENTS

- 2 oz Ginger beer
- 2 oz sparkling water
- Juice of 1/2 Lime
- 1 squeeze of the dropper bulb (0.7 ml) Herb Pharm Milk Thistle liquid herbal extract
- Lime wedge (optional)
- Ice

DIRECTIONS

Add ice and Lime juice to a glass. Pour in Ginger beer and sparkling water. Add Milk Thistle liquid herbal extract. Stir, then garnish with a lime wedge if desired.

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Turmeric-Lemon Fizz

Elevate your summer lemonade with spicy and aromatic Turmeric.

INGREDIENTS

- ▲ ½ cup organic lemonade
- ▲ ½ cup sparkling water
- ▲ 1 squeeze of the dropper bulb (0.7 ml) Herb Pharm Turmeric liquid herbal extract
- ▲ Ice

Fill a glass with ice. Add the lemonade and sparkling water, then the Turmeric liquid herbal extract. Stir gently and serve immediately.



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